



# MOVE!

## CHANGE YOUR BEHAVIOR!

If a person is going to lose weight, something has got to change... Perhaps several things will change. However, when people try to change too many things all at once, they often give up and go back to their old ways pretty quickly. That is because too much change at once is too stressful. It is better to change one, or maybe even two, things at a time, and give yourself time to get used to the changes, so that the new ways become comfortable, and turn into a new habit. Only when you feel ready should you attempt to change yet another old habit. Here is a list of many things that might possibly need changing in your behavior. But remember, not all at once!!

✓ **DO SOME EXERCISE!**

- Make time each day to do continuous aerobic physical activity (such as walking, bicycling, swimming, and so on). Slowly work your way up to at least 30 minutes or more a day. See the *MOVE!* information on exercise.
- Do some strength training - lift weights three times/week. Start with light weights, and slowly work your way up. Builds muscles!! Burns fat!
- Make exercise enjoyable, by taking walks on the beach, going on a bike ride, exercising with other people, doing recreational things, etc.

- ✓ Eat mostly **LOW FAT/HIGH FIBER FOOD**. We're talking lots of vegetables, fruit, whole grains, and less heavy food, and junk food. See the *MOVE!* information on food choices.

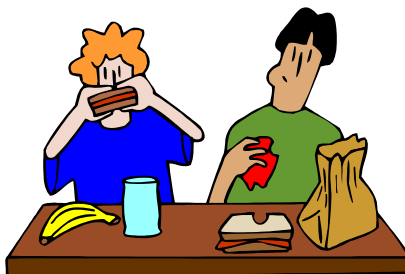
- ✓ **GET RID OF HIGH FAT AND HIGH CALORIE SNACK FOOD**. Do not have such junk foods around. Instead, have healthy snacks handy.

- ✓ **EAT AT ONLY ONE PLACE**, preferably the table. Change your place at the table if it helps you eat differently or eat less.

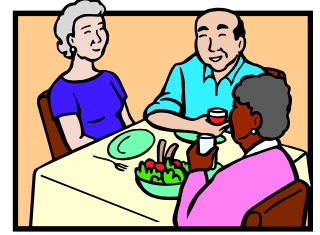
- ✓ **SERVE YOUR FOOD IN THE KITCHEN**, and put it on a smaller plate. Leave the serving containers in the kitchen.

- ✓ **EAT S-L-O-W-L-Y**, eat flavorful, well seasoned food, and take time to enjoy it. Turn off the TV. Pay attention to what you are doing!

- ✓ Eat **SMALL AMOUNTS OF FOOD 5 OR 6 TIMES A DAY**. Be a "frequent feeder".



## **CHANGE YOUR BEHAVIOR!**



- ✓ **DRINK** lots of **WATER**.
- ✓ **STAY ACTIVE**, walk or do some other mild activity, after at least two of your meals.
- ✓ Go to the store only **AFTER** you have eaten, not when you feel hungry.
- ✓ **AVOID TEMPTING SITUATIONS** – ones where you lose control. Just don't go there!
- ✓ Make up some **REMINDER CARDS** (using index cards) to carry with you. Write down on each card any thought that will help keep you motivated.
- ✓ **GIVE YOURSELF REWARDS** for following your weight management program. Something nice for yourself, but not food....
- ✓ **SEEK SUPPORT AND ENCOURAGEMENT** from others. It helps!
- ✓ **KEEP A RECORD** of all your food intake, and your minutes of physical activity. Look at it carefully. Where could you make the next positive change? **MAKE A CHART** of your weight.

